

HEBBRONVILLE  
LONGHORNS  
2019-2020  
ATHLETIC HANDBOOK



As a Longhorn Athlete YOU are in control of your  
ATTITUDE & EFFORT.

J.H.C.I.S.D Athletic Guidelines

-The Purpose of this manual is to orient you in the operation of the Hebbbronville Longhorn Athletic Program. Keep this manual throughout the year and refer to it often.

Our goal is to have a better attitude and give a better effort than our opponents on a daily basis and always compete!

Hebbbronville Longhorns and Lady Longhorns are expected to always conduct themselves in a way that will bring pride to our community and school district. This includes:

1. Play with relentless effort!
2. Never give up.
3. Accept the decision of officials without complaint.
4. Know and observe the rules of the game.
5. Be a good sport and a clean and fair competitor at all times.
6. Play the game with great enthusiasm.
7. Be in superior physical condition.

**Athletic Eligibility Requirements by UIL:**

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be promoted.
3. In High School, you must have a certain number of credits:

Senior: 15 credits

Sophomore: 5 credits

Junior: 10 credits

Freshman: promoted from 8<sup>th</sup> grade

**Physical Examination**

Every athlete in 7<sup>th</sup>-12<sup>th</sup> grade must have a physical examination. All athletes must complete a Medical History Form each year.

**Parent Consent**

Every athlete must have the Acknowledgement of Rules Form and the Steroid Form signed by themselves and their parent or guardian.

**Concussion Information Acknowledgement Form**

Every athlete and their parent must sign the concussion acknowledgment form that is provided by UIL, and used by our Concussion Oversight Team (C.O.T.).

### **Bullying/Cyber Bullying**

Students will not bully teammates under any circumstances. Any bullying should be reported to your coach immediately. School district policy for dealing with bullying will be followed by all sports.

### **Insurance**

The school has an insurance program for its athletes. The school's insurance is a secondary coverage to your own primary insurance.

### **Requirements by Hebronville Athletic Department:**

All athletes participating in the following team sports as defined by the U.I.L., volleyball, football, basketball, baseball and softball, must be enrolled in the athletic period. This period is used as a strength and conditioning and skills period. On game days, team workouts are conducted during the athletic period, hence the requirement of the participation of each athlete in the above mentioned sports.

All athletes and their parents *must* sign a contract before each sport. This contract will be drafted by the head coach of that sport and will be an outline of goals, expectations and consequences for that specific sport.

### **PHONE NUMBERS**

Athletic District Phone # (361)-527-3203 Ext. 2213

**Student Athlete Expectations-** Each athlete will behave and be respectful in school, practice, games, and while traveling to and from sporting events.

*Consequences-* a referral will result in Opportunities for Improvement (OFI's), to be handled after regular practice. A referral on a game day will result in missing that game. Behavior problems in practice will be handled by removal from that day's practice and treated as an absence; OFI's will be administered the following day to make up for lost conditioning. Any insubordination/disrespect by a student directed to a coach, teacher, or administrator will not be tolerated and will result in immediate suspension and possible removal from the team.

**Rules for Classroom Behavior-** If you are a winner in the classroom, you will very likely be a winner in athletics therefore we intend to help your teachers see that you get a good education.

If you are doing well and behaving in the classroom, your coaches will know it and be very proud of you. If you misbehave or do poor work in the classroom, we will know that also. Expect to be disciplined until you get your act together.

**Commitment**- Each student will be expected to have a commitment to the sport he/she is playing. Student athletes must learn, improve, listen and work at each sport without tearing down the system. Before being allowed to compete in a sport the athlete and parent must sign the contract for that sport and commit to the teams' goals and consequences ahead of time.

**\*\*Non-School Participation (Select Teams, Club, etc.)**

All J.H.C.I.S.D athletes grades 9-12 are strongly discouraged from participating on any non-school teams while a member of a school team in season. If an athlete chooses to participate on these types of teams while a member of a school team in season, he or she must abide by the following guidelines:

- Any participation requires approval of the school head coach of the sport in season at the time
- No Hebbroville school games, competition, or practice time shall be missed for any reason due to an athlete's association or participation with a non-school team or club.

Violation of the above mentioned guidelines could result in loss of playing time, suspension from the school team affected, and/or removal from the J.H.C.I.S.D athletic program.

**Attitude**-Student athletes will be expected to come to practice and games with a positive attitude. A poor attitude will be confronted by coaches, administrators, and parents. Consequences will be administered by the coach.

**Missing Practices**- All students are expected to be at every practice. IF for any reason you must miss practice, call or see your head coach **IN ADVANCE**. Each Coach will be given the charge of creating *their* system in dealing with absences in their sport. Each system will have consequences and a limit on the number of times a student can miss before being removed from the team.

The reason for the different systems per sport is due to the fact that some sports play twice a week, leaving less time between games.

**\*\*Do not make appointments during practice time or during your athletic period. This includes off-season.**

IF you need to make up class work, it will not be done during your athletic period or practice time. Tutorial time is set up from 7:30 to 8:00 and from 3:30pm to 4:00pm. No practices are to start until 4:05pm so that our athletes can take full advantage of both tutorial periods.

**Weekend Practices**-All Student athletes are expected to be at each weekend practice. Missing one of these days will count towards an athlete's absence days.

### **Practice Expectations**

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play.
2. Get to practice on time.
3. Keep your equipment on unless instructed by a coach to take it off.
4. Do not ever sit down or walk in practice.

\*\*Tardiness to practice-Contract consequences will be administered by the coach and documented.

### **Sport Changes/Quitting**

We want all athletes to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete. Athletes will have one week to decide if they want to play the sport without having any repercussions against them. If an athlete is participating in two sports at the same time and they decide to quit one of the sports past the one-week grace period, they will not be allowed to participate in either sport.

\*\*NOTE: IF an athlete quits or is dismissed from two sports in one year he or she will be out of the athletic program and all sports, the remainder of that year.

No athlete can join a sport after that sport has already gone to its first official competition unless otherwise approved by the athletic director and school administration. Exceptions would be made if a transfer student enrolls in the district and joins a sport immediately upon their arrival or if a student is out on a personal or family medical emergency.

### **Trips**

1. All athletes will act like ladies and gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes.
3. All athletes represent Jim Hogg County I.S.D. If a student athlete does not represent it well, that student will not be allowed to travel on out of town trips.
4. All athletes will ride to and from all functions with the team. Exceptions will only be made in special situations with the prearranged consent of the head coach.
5. There will be no horse playing or misbehaving on the bus.
6. When we eat in a restaurant, all athletes will behave in a refined manner.

### **Grooming**

Our athletes will be well-groomed and neat throughout the school year. Hair should be kept neat and no unusual haircuts will be allowed. In addition, male athletes may not wear earrings or piercings of any kind while on school campus or at any athletic function. No “sagging” clothes will be allowed while on school campus or at any athletic function. Please also refer to the Student Dress Code for grades 7-12 for what is and is not acceptable. The Student Dress Code is approved by the Board of Trustees each year and applies to all students attending J.H.C.I.S.D.

### **Dressing Room Behavior**

1. No running.
2. No horseplay.
3. Keep your equipment in your locker, never on the floor.
4. You will be instructed in how to store your equipment in your locker.
5. Be especially careful in and around the showers.

### **Injuries**

If you are injured in practice, tell your coach immediately. If you become aware of an injury after practice, notify your coach. The coach will either take care of your injury or send you to a physician. If a player is injured, they are still expected to suit out and participate in some form of rehabilitating activity depending upon the nature of the injury. If you come to school sick or become sick during the school day and remain in school, you are still expected to suit out and participate as much as possible.

### **Equipment**

-Take pride in your equipment and facilities.

1. If you lose equipment, you pay for it.
2. If you have equipment problems, see your head coach immediately after practice and get it fixed. Do not wait until the next day.
3. All equipment that is issued may not be worn outside of the game or practice situation, unless the head coach has approved it (especially court shoes).
4. Student’s parents will be contacted if there is suspicion that a student athlete has school equipment/uniform in their possession.

### **Training Rules**

Longhorns and Lady Longhorns do not use illegal drugs, drink alcohol, or use any tobacco products. If you are caught, the discipline will range from probation to suspension from the

team. Consequences for these violations will be in line with the district referral consequences. As per the State Student Code of Conduct (i.e. Chapter 37), any student who, while on school property or at a school-related event on or off school property, has any dealings in any way with alcohol, will be placed in D.A.E.P. for an amount of time to be determined by the principal.

Proper rest, diet and hydration are extremely important to good physical conditioning. You will not perform at your best without proper rest. Every student athlete should strive to receive at least 8 hours of sleep a night.

All training rules will fall under and abide by State and Federal laws and the Student Code of Conduct (i.e. Chapter 37).

### **Awards**

During your high school career, you have the opportunity to be awarded one letterman jacket. To be eligible for a jacket, you must letter in a Varsity sport and must be a junior in classification. An athlete will be considered for a varsity letter if they play in half of their varsity games or half of their meets in individual varsity sports.

### **Conflicting team sports**

Coaches work together with conflicting team sports to ensure practice time for student athletes as well as attempting to schedule games that will not conflict. If the student has a chance to advance in competition out of district, that sport takes precedence.

\*NOTE\* There is to be no absence counted when a student misses practice due to competing in another sport, and representing our school, however make up conditioning may be used.

### **Gym/Locker Room**

- Students are to contact a coach to get into the gym or locker room. Do not leave the doors open with rocks or broom handles etc.
- Proper shoes are to be worn in both buildings.
- Never enter gym or tiled areas with cleats.
- No food allowed inside the locker room. Gatorade and water bottles are acceptable.
- Food is only allowed in the gym during basketball and volleyball games. There is to be no food in the stands during practice or during tutorial times when students are waiting for practice to begin. During practice, athletes may have their own Gatorade to drink in the gym but coaches will be responsible for immediate clean up following all practices.

## **J.H.C.I.S.D ATHLETIC DISCIPLINE PROCEDURES**

Our discipline policy is very simple: We are going to treat you as student-athletes in every way. You need to remember that being in athletics is like having a job. We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense and you will be disciplined. If you build a record of breaking rules, you will be suspended from the program. If you are a continual discipline problem, you will be permanently removed from the athletic program. Discipline will be administered to athletes for breaking rules, such as, but not limited to:

1. cussing,
2. showing disrespect towards anyone
3. failing to inform a coach before being absent
4. horseplay on a bus, on a trip, or at any time
5. late to practice or game
6. destructive actions such as drinking, smoking, etc...
7. misbehaving in the classroom
8. participating on a non-school team while in season without approval
9. bullying/cyber bullying on social media such as Facebook, Twitter, Snapchat, Instagram, etc...
10. failure to keep locker space clean

An Athletic Department must have rules to be effective. These rules will apply to every athlete because each and every one will be treated exactly the same in similar situations. Coaches are an extension of your family. As an extension of your family, the coaching staff will expect and demand appropriate behavior from our athletes at all times. We will display class and respect, and the community will be proud to call us their own. Also, we will be proud to be known as

**HEBBRONVILLE LONGHORNS--HOOK'EM!**



I have read the Discipline Policy of the Hebbbronville Athletic Department and agree to follow this policy. I am aware that athletics is a voluntary program and no student has an entitlement to participate. Please sign below and return this page to the head coach of your sport or the Athletic Director.

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Student Name (Please Print)

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Student Signature

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Date

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Parent Name (Please Print)

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Parent Signature

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Date